

# Eifel Times

Vol. 40, Issue 29

Spangdahlem Air Base, Germany

[www.spangdahlem.af.mil](http://www.spangdahlem.af.mil)

Aug. 18, 2006

## News Briefs

### Air travel changes

Due to a recent increase in airport security, it is recommended that international and Air Mobility Command passengers arrive at the airport a minimum of three hours before take off. For more information, call Master Sgt. Vincent Benavidez at 452-7188.

### Deployed Family Dinner

The Spangdahlem First Sergeants Association hosts a dinner for family members of deployed personnel at the Bitburg Annex Chapel tonight from 5 to 7 p.m. For more information, call Senior Master Sgt. Ronald Manning at 452-6327.

### Express Shuttle Bus service changes

Changes to the 52nd Logistics Readiness Squadron Express Shuttle Service take effect Sept. 5. The shuttle bus service will start five minutes later at Bitburg Annex to avoid wait time at the Spangdahlem AB temporary lodging facility stop. For more information, call 452-6645, 452-6715 or 06565-61-6645.

### Finance expands hours

To service Team Eifel more effectively, the 52nd Comptroller Squadron customer service counter will be open Mondays through Fridays from 8 a.m. to 4 p.m. starting Monday. Finance customer service is located in building 128, room 104.

### School half day

The Spangdahlem AB and Bitburg Annex school year begins Aug. 28. Parents are reminded that this day is only a half day.

### WIC office closure

The Women, Infants and Children Overseas office will be closed Aug. 25 through Sept. 5, due to staffing issues. The office will re-open Sept. 6 from 8 a.m. to 4:30 p.m. For more information or to schedule an appointment, call 452-9093 or 06565-61-9093.

### Weekly accident reports

There were eight minor vehicle accidents and three major vehicle accidents last week. The minor accidents resulted from: inattentive driving, others at fault, parking lots, speeding and backing. The major accidents occurred from speeding, inattentive driving and others at fault. (Compiled by Amber Christiansen, 52nd Security Forces Squadron.)

### A-10 surgery

Airmen use wrenches and speed handles instead of a scalpel to operate on aircraft.

Read "Airmen perform aircraft surgeries, keep them flying," Page 4.



Photo by Capt. Michael Cumberworth

In Romania Maj. Mike Dunkel, 22nd Expeditionary Fighter Squadron F-16 pilot, provides a rundown of various controls in the F-16 *Fighting Falcon* cockpit for Romanian air force MiG-21 pilot 1st Lt. Lates Catalin before a flight here Aug. 11 during Exercise Viper Lance 2006. The three-week bilateral exercise is the first time U.S. Air Force F-16s have trained here.

## Viper Lance '06

# F-16, MiG-21 take ride of a lifetime

By Senior Airman Eydie Sakura  
22nd Expeditionary Fighter Squadron  
Public Affairs Office

**MIHAIL KOGALNICEANU AIR BASE, Romania** — Among the smells and sounds of jets starting their engines and Romanian air force maintainers prepping their aircraft for departure, an American fighter pilot climbed into the backseat of a MiG-21 *Lancer* here Aug. 11.

Pilots from the 22nd Expeditionary Fighter Squadron from Spangdahlem Air Base, Germany, here for Exercise Viper Lance 2006, have the unique opportunity to ride shotgun in Romanian fighters during the exercise.

"My flight in the backseat of a *Lancer* is a good opportunity to look at different aircraft, and it's a real privilege and an honor," said 1st Lt. Coleman McDonald, 22nd EFS F-16 pilot. "Being in an aircraft that some other countries fly, but aren't as friendly as the Romanians are to us, is a unique experience. I want to see what they see from their cockpit and view a new angle of understanding against our adversaries."

After Romania joined NATO in the mid-1990s, the Romanian air force became allies with the United States.

The overarching goal of the mission here is to forge ties with the Romanian air force, but the day-to-day mission is training, said Lt. Col. Matt Chesnutt, 22nd EFS commander.

The MiG-21 and F-16 pilots are flying integrated formations to conduct basic fighter maneuvers, dissimilar air combat training and air-to-ground strike missions

with the Romanians acting as fighter escorts for the F-16s, the commander said.

"The exercise and training are running smoothly, and it's a good place to be on a (temporary duty assignment)," Lieutenant McDonald said. "I didn't give them enough credit and underestimated them; I'm impressed with their flying program here."

The flying mission here has been around for decades. The MiG-21 aircraft has a '60s-era body, but has newer avionics such as modern radar, communication and weapons systems.

"The F-16 is a much more advanced aircraft; however, (the MiGs) have some avionics that are similar to ours," Lieutenant McDonald said. "It was interesting to experience the differences in performance and handling."

Romanian air force MiG-21 pilot 1st Lt. Lates Catalin also shared the experience of swapping air frames by taking what he called an extraordinary ride in the backseat of the F-16 with Maj. Mike Dunkel, 22nd EFS pilot.

"The F-16 is a superior aircraft from all points of view," Lieutenant Catalin said. "I'm impressed with the skills of the pilots. They are very well trained."

This was not the first time a foreign fighter pilot sat in the backseat of a MiG-21 on the flightline here. Romanian air force Warrant Officer 3rd Class Sorin Burdusel said he has flown pilots from countries including England and the Czech Republic since the signing of the NATO "Partnership for Peace" treaty and the "Cooperative Change" exercise.

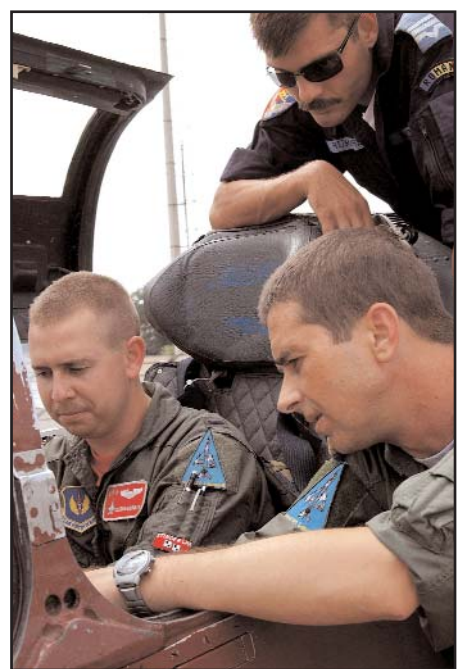


Photo by Senior Airman Eydie Sakura

In Romania 1st Lt. Coleman McDonald, 22nd Expeditionary Fighter Squadron F-16 pilot, sits in the cockpit of a MiG-21 *Lancer*, while Romania air force Lt. Commander Eugene Matache, MiG-21 pilot, and Warrant Officer 3rd Class Sorin Burdusel, a MiG-21 maintainer, run through operating instructions prior to take off.

"We started flying pilots from other countries about six years ago for various exercises," the MiG-21 mechanic said. "But this exercise here is the first time American pilots have climbed into my aircraft."

Exercise Viper Lance 2006 marks the first time U.S. Air Force F-16 *Fighting Falcon* pilots have trained in Romania. The exercise goes through Aug. 25.

**RESCON** Watch

**CHARLIE**

3 DUIs/ARIs in the Last 30 Days

Days since last DUI/ARI: **12**

Rank of last DUI: staff sergeant  
Squadron of last DUI: 52nd EMS

206 Airmen's lives were saved by the Airmen Against Drunk Driving Program since Jan. 1, 2006. When going out, have a plan or call AADD for a ride, at 06565-61-2233.



# Tier Two

## Working to enhance Airmen's quality of life

By Staff Sgt. William Baez  
52nd Communications Squadron

Spangdahlem Air Base's Tier Two Council wants to continue to gain the attention of all junior noncommissioned officers, the driving force on any base, and with its complete change in leadership, it is hoping to meet this goal.

The council is primarily concerned with morale- and welfare-related situations, which affect the quality of life for 52nd Fighter Wing members.

In early May, the Tier Two council called an emergency meeting because most of the group's leadership deployed, leaving the council with limited guidance. That is when former-vice president Tech. Sgt. Michael Brancato stepped in.

The emergency session established a new executive council with Sergeant Brancato at the helm. But he did not take the lead alone. Four other junior NCOs also answered the call of leadership. Tier Two members elected Tech. Sgt. Stephen Cunningham as vice president, Tech. Sgt. Holly Sullivan as treasurer, Tech. Sgt. Terrance Williams as secretary and Tech. Sgt. Ryan Lamb as parliamentarian.

These Airmen are not just looking to fill the boots left by their predecessors; they want their heel beats to be heard. To do this, the staff is striving to promote esprit de corps and communication amongst junior NCOs and to emphasize the core mean-

ing of duty, honor and country.

Council members are actively involved in a wide array of events across the base to achieve these goals including the annual base blood drive, Operation Warmheart and Airmen Against Drunk Driving. Tier Two sponsors a high school scholarship program awarding first place winners \$1,000 and second place \$500. The group also jumpstarted the "Share-a-Ride" program.

"The 'Share-a-Ride' program was designed to help newcomers and those without vehicles," Sergeant Cunningham said. "The program was started because we would see people waiting around in the cold for the base shuttle."

Providing mentorship and guidance to the bottom four enlisted ranks is also a huge part of Tier Two's purpose. Members are regularly asked to sit on a NCO panel to field questions from Airmen throughout the wing, answering questions about broad issues ranging from military life to supervisor expectations.

"It's an open format that gives (Airmen) an opportunity to open up and say, 'I have an issue with this ... how do I address it?'" Sergeant Williams said.

Tier Two members also receive mentoring and guidance from the top three enlisted ranks as well. At most meetings, a chief master sergeant or first sergeant is present to answer questions and address concerns NCOs might bring up.

The main benefit NCOs can expect from Tier Two participa-

tion is the opportunity to network.

Sergeant Brancato said, he believes the e-mail culture and netiquette are getting out of hand. He enjoys how Tier Two puts faces with the names on an e-mail.

At a recent executive council meeting, Sergeant Brancato laid out a three-point plan for the 2006 to 2007 term. The foremost point of the plan is to increase Tier Two membership numbers.

"It's going to take more than just 25 members to put on a wing event," Sergeant Brancato said.

The second goal of leaving a legacy on the base is a bit broader than the first.

"We need some kind of foothold on base," Sergeant Brancato said. One idea on how to leave lasting Tier Two "fingerprints" at Spangdahlem is to renovate the Stripes Lounge in the Eifel, transforming it into a true enlisted member-themed lounge.

The last point the council addressed was the rising number of NCOs who have been caught driving while under the influence of alcohol.

By the end of the meeting, there was little doubt that a course of action had been laid out before them. Each knew obstacles facing the group may cause a few minor set backs, but not enough to dissuade them from improving their community.

For more information about Tier Two, call Sergeant Brancato at 452-6564.

# 1st CBCS hooks up NATO exercise Viper Lance

By Senior Airman Eydie Sakura  
22nd Expeditionary Fighter Squadron Public Affairs

**MIHAIL KOGALNICEANU AIR BASE, Romania** -- One mile of cable, six pallets of equipment and three days to set up fully functioning communications for a forward base is standard work for members of the 1st Combat Communications Squadron.

About 13 members of the 1st CBCS, headquartered at Ramstein Air Base, Germany, are here in support of Exercise Viper Lance 2006, a bilateral exercise with members of the Romanian air force, taking place Aug. 8-25. The exercise marks the first time U.S. Air Force F-16 *Fighting Falcons* pilots have trained in the country.

"Our squadron is responsible for deployable, short-notice communications and airfield support for (U.S. Air Forces in Europe)," said 1st Lt. James Curbo, 1st CBCS OIC of the communications detachment. "We act as the main source of deployable communications in USAFE, and we are sent out to a forward location before the mission arrives."

The communication detachment here provides support for an airfield tactical navigation beacon that planes use for directions and distance; ground-to-air and land mobile radios; and network and phone support for all deployed members.

"The Air Force and combat communications have a good reputation for short-notice taskings



Photo by Airman 1st Class Brent Showalter

**While in Romania Staff Sgt. Frank Chedester, 1st Combat Communication Squadron data technician, climbs down from the roof of the maintenance Hangar after setting up wireless links here Aug. 6. About 13 members of the 1st CBCS from Ramstein Air Base, Germany, are here supporting Exercise Viper Lance 2006.**

in US European Command," the lieutenant said. "All of our gear is designed to be transported immediately, so we're trained and ready

to set up a base camp anytime and anywhere."

Meeting deployed communications needs from remote locations allows Airmen to flex

their mental muscle and put their training to good use.

"While we're out here, we get to cover all aspects of our job and actually use the skills we learn in our career field," said Staff Sgt. Frank Chidester, 1st CBCS data technician. "In the past, I had been 'stuck' in a certain area of communications, such as at a help desk or working on network e-mail accounts. But here, I'm able to get my hands dirty out in the field."

The communication detachment does not consist of just data and radio maintenance technicians here -- the team has civil engineer squadron members as well. Each deployed detachment brings an electrical power production member who operates and maintains the generator and a heating, ventilation and air conditioning maintainer who helps to keep the computers and equipment cool in the summer sun.

"It can take anywhere from 72 hours to one to two weeks to prepare for a remote deployment, and we need to bring everything from our own generator and fuel to tents," Lieutenant Curbo said. "We have a big inventory checklist of equipment to bring along."

The pallets, the cables and wires, and the hundreds of pounds of equipment shipped to Romania for the backbone of Exercise Viper Lance 2006 here.

"We're here to make sure the mission is a success and that communications are readily available for the troops here," Lieutenant Curbo said.

### Returning to the Eifel

**Former Spangdahlem commander Maj Gen (ret) Jay Blume and his wife Tricia check out of lodging after an overnight visit to their former base. Gen Blume commented, "Ya'll got it good," in reference to the base and how it's changed since he was last here. "The base looks good. You guys have really taken care of business here in a remarkable fashion. It was a great life here then, and it's even better now."**



Photo by Capt. Diane Weed

### SGLI covers deployed customers' first \$150,000

The passing of Public Law 109-163 established a program designed to provide up to the first \$150,000 of Service Members Group Life Insurance coverage for members serving in Operations Iraqi Freedom and Enduring Freedom theaters at anytime during a month.

This program, which became effective immediately, is retroactive for SGLI customers back to Feb. 1.

The Defense Finance Accounting Service will periodically review pay records to identify members who are eligible to receive this reimbursement. The plan is to process the reimbursement based upon quarterly reviews. The monthly premium for \$150,000 of SGLI coverage until June 30 was \$9.75. The monthly rate increased to \$10.50 July 1.

Members who previously elected no coverage will not qualify for this program unless they decide to begin SGLI coverage before deploying to an OIF or OEF theater of operation.

For more information, call 452-5519.





Photo by Tech. Sgt. Pamela Anderson

## Top Saber Performer

**Name:** Dale Davis  
**Unit:** 52nd Services Squadron  
**Duty title:** Eifel Mountain Golf Course manager  
**Hometown:** Seminole, Fla.  
**Years in service:** Four  
**Nominee's contribution to the 52nd Fighter Wing's mission success:** Mr. Davis is a true Services Warrior who does whatever it takes for mission accomplishment, he has hosted several successful golf tournaments and turned the driving range into a profitable area for the golf course.  
**Off-duty volunteerism and professional development pursuits:** Mr. Davis received an U.S.

Soccer "B" National coaching license and is working toward an Union of European Football Associations Professional Coaching license. He serves as the head coach for FC Bitburg B Jugend Soccer Team, which competes in the Bezirksliga.

**What do you do for fun?** I enjoy going for walks in the forest with my wife Shannon, our 5-month-old daughter, Emma, and our two labradors.

**What do you like most about being stationed here?** Soccer -- I can go to so many stadiums here in Germany and watch professional matches live. Plus, I watch all the big European matches live on Sky. I also enjoy interacting with Germans.

**What's one thing you'd like to see changed or improved at Spangdahlem Air Base?** I'd like to see an 18-hole championship golf course with an irrigation system and United States Golf Association regulation greens.

## Eifel Salutes

### 38th Munitions Maintenance Squadron

**Tech. Sgt. Rodolfo Flores'** exceptional leadership and management skills were integral to his section's zero-discrepancy performance during the unit's June 2006 Headquarters U.S. Air Forces in Europe staff assistance visit, where SAV team members lauded the section as "... one of the best organized in USAFE." **Staff Sgt. Donald Owens** is responsible for four Emergency Action Message communications systems. He ensures all controllers are trained and remain proficient in operating procedures for the Companion UHF Tactical Satellite System, the Secure Mobile Anti-Jam Reliable Tactical Terminal and Strategic Actions Communication Systems.

### 52nd Maintenance Group

Way to go **Staff Sgt. Jeffrey Openbrier II**, who enabled the repair of an electrical connector power switch on an A-10 external fuel tank certifier harness. His actions led to unhindered success of an A-10 munitions upload. Egress systems craftsman **Staff Sgt. Eric Lovelace** keeps pilots safe by doing more with less. Aside from his normal job of fixing aircraft and seats, he doubles as a maintenance scheduler to ensure all Advanced Concept Ejection Seat II ejection systems get their required inspections and time-changes. When it comes to putting the brakes on, **staff sergeants Scott Sylvia and John Hullinger** can bring things to a screeching halt in a hurry. They led the hydraulic shop in quickly generating four F-16 brake assemblies within seven hours of parts issue. When jets have to "jump the pond," fuel systems craftsman **Staff Sgt. Roger Quicho** will make sure they can

"gas up" in the air. He recently verified that eight aircraft would be able to air-refuel and ensured a successful deployment.

### 52nd Medical Group

A huge thank you to outstanding performers like **Staff Sgt. Matthew Toenniges and Senior Airman Michael Huller** for ensuring the base is compliant with potable water, keeping Sabers' water safe; and to **Tech. Sgt. Monica Desjardins**, who helped the Bio folks with gas mask fit testing. Without her help, they would be underwater. Kudos to **Staff Sgt. Rebecca Michaud** for escorting the flight docs to shops around base, giving them a different perspective on health-related issues personnel may experience. When the American Heart Association changed CPR standards, **Tech. Sgt. Shawncie Frieson** spearheaded the project and coordinated refresher training for 116 CPR instructors in the 52nd FW and associated geographically-separated units. **Master Sgt. Barry James**, the family practice clinic chief, has been turning up the heat lately by leading the re-organization of the clinic's treatment areas. This attention to finer details has definitely improved customer service and staff morale.

### 52nd Mission Support Group

**Tech. Sgt. Darrell White**, 52nd Services Squadron, recently received certification as a hospitality supervisor. This is the first supervisory level professional certification from the American Hotel and Lodging Association, the premier hospitality industry professional organization which recognizes both experience and knowledge. Way to go Sergeant White.

(Complied by Staff Sgt. Tammie Moore, 52nd Fighter Wing Public Affairs Office)



Photo by Tech. Sgt. Pamela Anderson

## Top Saber Team

**Unit name:** 726th Air Mobility Squadron Joint Inspection Team

**A brief description of unit responsibilities:** The team inspects all deployment cargo and documentation to ensure it is properly prepared for air shipment.

**Number of members:** five

**Team's contribution to the 52nd Fighter Wing's mission:** The Joint Inspection Team is a key component of the 726th AMS Freight Section. They are the resident Air Mobility Command experts in preparing hazardous or explosive cargo for air shipment. The team plays a critical role in the deployment or re-deployment of all units departing Spangdahlem Air Base by performing the joint inspection of cargo and documentation. This includes such events as Army units using Spangdahlem AB as their aerial port of embarkation as well 52nd FW deployments. The joint inspection is performed with the deploying unit and guarantees that equipment is properly prepared for safe air shipment. The team has inspected cargo for the re-deployment of the 56th Rescue Squadron in support of Exercise Brilliant Arrow and for 52nd FW deployments in support of Exercises Red Flag, Cope Thunder, Anatalian Eagle and Steadfast Jaguar.

**Team's other contributions:** The 726th AMS Joint Inspection Team has ensured the rapid movement of 52 FW units deploying to Operation Iraqi Freedom and Enduring Freedom as well. They have physically inspected more than 420 tons of 52nd FW deploying cargo since January.





Airmen with the 52nd Equipment Maintenance Squadron perform a phase inspection Aug. 11. Once an A-10 *Warthog* hits 400 sortie hours, these maintainers dissect it, perform a thorough inspection and then put it back together, keeping the aircraft mission capable.

## Airmen perform aircraft surgeries, keep them flying

Story and photos by 1st Lt. Shannon Collins  
52nd Fighter Wing Public Affairs

Stripping a *Warthog* or a *Falcon* down to its core to check its vitals is a typical daily event for one small, Spangdahlem Air Base crew, a crew of 16 that is currently doing the job of 42.

Working 12-hour shifts or longer, the 52nd Expeditionary Maintenance Squadron Maintenance Flight phase dock crew uses their wrenches and speed handles like surgeons use scalpels to perform deeper operational inspections than the aircraft would get during day-to-day operations on the flightline.

Because of air expeditionary force deployments and temporary duty assignments, the Airmen left to take care of the aircraft at home have been busy. They have also had to temporarily move all of their operations into sullied and dimly lit hardened aircraft shelters while their hangar is going through extensive renovations.

"All of the guys working here have stepped up to the challenge and are giving 110 percent to ensure the mission requirements are met," said Staff Sgt. Wade Steinback, F-16 phase dock chief. "We have always taken pride in knowing that we have one of the best phase docks in the Air Force and that our jobs are crucial to mission success. We also ensure that scheduled maintenance is performed in a timely manner and that we always give the flightline back a good product."

The phase section is primarily responsible for all major hourly inspections to include: 1,600 landing gear inspections and replacements; 3,000-hour emergency power unit replacements; 1,200-hour

accessory drive gear inspections and several other inspections.

Senior Airman Kaamil Coston, A-10 phase crewchief, said that once an A-10 *Warthog* or F-16 *Fighting Falcon* reaches 400 sortie hours, the crew dissects the aircraft by removing all panels, doors and flight controls. Then, with flashlight and tools in hand, each member inspects the inside of the aircraft, checking for cracks, separation of the skin, corrosion, rust, missing hardware, foreign objects inside the aircraft, leaks and broken or worn parts.

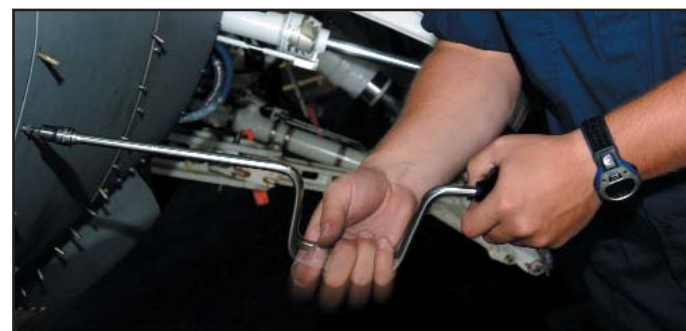
Airman Coston, who has been working in phase for two years, takes the minimum manning in stride.

"What we do is very critical," he said. "We just step up and do what we have to do. A lot of individuals here know we have limited manning, and the Airmen step up to the responsibility. I enjoy my job and the unique experience it offers."

Like a hospital staff, members of this crew bring their techniques to the table. Former flightline crewchiefs and Airmen with backgrounds in sheet metal, engines, hydraulics and more take on this special assignment.

"An aircraft phase inspection team is a compilation of diverse types of individuals who must work together in order for a quality aircraft inspection to be completed," said Staff Sgt. John Williams, a F-16 swing shift dock chief who has been working in phase for three years.

He credits the people who train maintainers for the reason his co-workers can handle any case that comes their way.



A F-16 phase dock crewchief uses a speed handle to close a panel after an inspection.

"Without those people who trained all of us, we would not be where we are today," he said.

Commander of the 52nd EMS Maintenance Flight, 1st Lt. Brian Cooper, leads the team of dedicated Airmen.

"The phase inspection is the core driver to the health of Spangdahlem's aircraft fleet, and each maintainer in the maintenance flight is hand-picked for this critical task," he said. "Despite the challenges these maintainers are currently facing on a day-to-day basis, they are doing an awesome job of providing safe, reliable, combat-ready products for our pilots."

Though deployments continue, these minimally manned aircraft surgeons continue to strip down the *Warthogs* and *Falcons*, making sure they are healthy and ready to continue the mission.



(Above) Senior Airman Brandon Townley, 52nd EMS F-16 phase crewchief, inspects a hydraulic reservoir during an inspection.

(Left) Senior Airmen Joe Wilson and Kaamil Coston, both 52nd EMS A-10 phase crewchiefs, install and look over the newly painted stab cap on a newly phased A-10.



Be a STAR
Learn to make your customer service comments count

By Maj. David Wendling
52nd Services Squadron commander

Do you ever wonder, "Why don't things change around here?"
One possible reason is that an important feedback loop between customers and service providers does not work. That feedback loop is the customer comment process.
In order to add power to customer comments, people need to make sure they are a STAR when providing feedback. In short, STAR stands for specific, timely, accurate and response.
Specific
When giving feedback, be sure to cover important areas such as what was good or bad, what should be changed and what should stay the same. If people make a comment

"Believe it or not, customer service providers want and value your comments. It is just one way they get direct feedback from you ... their customer."

Maj. David Wendling, 52nd Services Squadron commander

like, "You need to be open more," they shouldn't expect it to result in expanded hours at their favorite activity. If people want leaders to consider a change, then they need to provide them specific information. A better comment to make is, "It would help me if you opened earlier Saturday, like 8 a.m." This type of comment gives management something they can track and compare to others requesting changes in hours of operation.
Timely
Send comments as soon as possible after the experience. Details of

the experience are freshest as close to the event as possible. Do not expect much change on an issue when you tell someone about an experience you had six months ago.
Accurate
Good details needed to pinpoint the situation and circumstances include the date, time, location and the name of the employee. Comments like, "Some of your staff are nice" are great to hear, but "Mike Kirsch at Outdoor Recreation went out of his way to make the diving trip to Egypt extra special" is even better. Accuracy is important, even if you

have unpleasant information to share. If people expect a change in behavior based on vague comments, most managers will not punish everyone for the actions of one or two.
Response
Provide name and contact information with your comments. Some customers prefer to remain anonymous because they do not want anyone to know they made the comments or they do not want to "get into trouble." Allowing management to talk with you about your comments is the only way to make sure acceptable staff behavior continues and

unacceptable staff behavior is appropriately resolved.
Believe it or not, customer service providers want and value comments. It is just one way they get direct feedback from you ... their customer.
At a time when we are re-shaping the force for future missions, Spangdahlem Air Base and other Air Force bases around the world are making tough decisions on how to accomplish the mission with fewer people. The only way to make sure our resources are used to the best of their ability is to give STAR comments to leaders at all levels.
And remember, a quick, meaningful "Thank you" goes a long way, too.

One experience, two words create lifetime of influence

By Chief Master Sgt. Elizabeth Campeau
U.S. Air Force Band marketing and outreach manager

BOLLING AIR FORCE BASE, D.C. -- I was about 15 when the U.S. Navy Band came to town. A few local high school students were invited to "sit-in" for one selection during the concert, and I was one of them. It was a warm spring night, and the auditorium was packed.
When the time came for us to perform with the band, the emcee announced our names one by one as we took our places in the ensemble. It was thrilling to share the stage with all those professionals. But best of all, during the applause, the military musician sitting to my left leaned over and said "good job." Though I didn't know it at the time, those two kind words would have a lifelong impact.

Fast forward three decades. Today I serve as the marketing and outreach director for the U.S. Air Force Band. Without a doubt, the best part of the job is reading letters from young musicians.
Recently, I received a note from a young flutist in Michigan who'd listened to one of our recordings. She wrote: "It's (the compact disc) called "Imagine the Possibilities, and I do."
She went on to say that she had just celebrated her 12th birthday and, "When I grow up, I wish to be in the Air Force Band."
I immediately remembered the kindness of that Navy musician all those years ago and quickly dispatched a reply full of encouraging words. I probably won't be around long enough to find out if this young person will follow her dream to become a member of the U.S. Air Force Band, but I'm sure she'll carry a fondness for the Air Force far into her future.

Studies have shown that the earlier a child is exposed to an idea, the more likely they are to carry the influence, positive or negative, with them throughout their lives. My experience with the Navy musician is one of my fondest memories. I'm certain it influenced my decision to follow a career in military music.
I have heard the phrase "good job" countless times during my lifetime. Those two words of encouragement, reinforced with the image of a military uniform, are the ones I remember most clearly. Never take for granted the power of your words and actions, especially in uniform.
Think about the last time you interacted with young people. What message did you send in that snapshot of time? Let's hope it was a positive one. Chances are, the impression you made was an indelible one.

Supportive leadership key to promoting higher education to troops

By Tech. Sgt. Rudy Flores, Jr.
703rd Munitions Support Squadron

As a 36-year-old family man, the sacrifices have been great, but the support from my family and Air Force leadership has been the key to my educational achievements throughout my career.
Drive and motivation is also important if you want to succeed at all costs. I came from a poverty-stricken neighborhood in San Antonio, Texas, and was surrounded by very negative circumstances. Nevertheless, my brother and I managed to get out, followed my father's advice of making school our number one priority, and both of us ended up with suc-

cessful careers.
I've managed to plug away on classes throughout my enlisted Naval and Air Force career. Although it hasn't been all that easy, I've been lucky enough to be around great leaders who advocated for higher education.
For officers, a graduate education is a must for people looking for a career in the service. As enlisted members, our focus is earning a Community College of the Air Force degree.
This is a very important first step to future advancement and job opportunities within your respective career field. We can't forget that someday we won't have the Air Force. Leaving the service is not just a matter of "if"

we will leave, it's a matter of "when" we'll leave. In the end, we all win. You become highly sought-after on the outside, the Air Force gains smarter Airmen, and you become that great example for your children and Airmen to follow.
I've earned two master's degrees, and it's just the beginning. Never stop learning. Whether you're looking for certifications or a formal degree, educate yourself for free. If tuition assistance runs out, use the G.I. Bill. I made sure to not make any excuses in prolonging attending college.
If someone like me who had everything going against him can do it, it's not far-fetched

to believe that you can achieve even greater milestones.
An Air Force Personnel Center demographics snapshot reports that less than one percent of active duty personnel earn a master's degree. There are currently no statistics for people who have earned two or more degrees. Check out more statistics at http://ask.afpc.randolph.af.mil/pubaffairs/release/2006/07/Demographics.asp.

Interested in earning a degree?
Call the education center at
452-6063 or 452-6335.

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Col. Darryl Roberson

Accessing Direct Line
The Direct Line program is a way to get answers to questions you still have after using your chain of command.
Direct Lines of general interest will be published in the Eifel Times and may be edited or paraphrased for brevity or clarity. Submit your Direct Line via:
DirectLine@spangdahlem.af.mil
Mailed to 52nd FW/PA, Unit 3680 Box 220, APO AE 09126
To PA in building 23.
Concerns may also be sent via fax to 452-5254.
Anonymous inputs are accepted. To receive a personal response you must include your name and phone number. Call the Eifel Times at 452-5244 for more information.

Sortie Scoreboard
Aircraft Goal Flown Delta
22FS 367 124 -31
23FS 322 172 +29
81FS 362 172 +11
Through Aug. 14
Courtesy of the 52nd Operations Support Squadron Plans and Scheduling Section



*Editor's Note: Submit "Community" advertisements 10 days before the desired publication date to [publicity@spangdahlem.af.mil](mailto:publicity@spangdahlem.af.mil). Call the 52nd Fighter Wing Public Affairs Office Internal Information Section at 452-5244 for more information.*

## AFOQT exam

The Air Force Officer Qualification Test takes place Sept. 5 in building 31 at 8 a.m. To register, call 452-6344.

## Airmen's Attic

The Bitburg Annex Airmen's Attic, open Tuesdays from 8 a.m. to noon and Wednesdays from 1-4 p.m., is in need of volunteers to help sort and bag coupons. For more information, call 452-6422.

## Block party

The Just Airman Council hosts a block party for all Airmen near the Spangdahlem AB Post Office parking lot Aug. 26 from 3-9 p.m.

## Christian concert

Andy Flannagan's six piece Christian rock band is performing at the Brick House Saturday at 7 p.m.

## Education opportunities

The Top 3 and Company Grade Officers Association will award two \$100 scholarships to technical sergeants and below who are enrolled in courses in the coming term. The award is based on an essay submission. In addition, senior airmen and below who sign up for their first college class can receive a \$75 award by being one of the first four to fill out a first book application and submit it for reimbursement by the Top 3. Submission deadline is Sept. 1. For more information, visit the Top 3 education committee Web site at <http://intranet/WingSites/ProfOrgs/Top3/Docs/WebPages/education.asp>.

## Eifel Cub Scouts

The Eifel Cub Scouts needs den leaders and other volunteers for the Spangdahlem AB and Bitburg Annex scouting packs. For more information, call Lin Hairstone at 06565-955997 or Kevin Rokey at 06554-900892.

## Fall Bazaar volunteers

The Spangdahlem Officers and Civilians Spouses Club is seeking 2006 Fall Bazaar volunteers to help with set up, process credit cards, serve as runners, assist vendors and more. Volunteers receive an opportunity to shop before everyone else Oct. 13 from 10 a.m. to noon and childcare reim-

bursement while volunteering. For more information, e-mail [Iwanttovolunteer@hotmail.com](mailto:Iwanttovolunteer@hotmail.com).

## Hispanic Heritage Month

The Multi-Cultural Awareness Committee seeks volunteers to assist with dancing, floats, music and more for the Hispanic Heritage Parade Sept. 15. For more information about the parade or upcoming events, call 2nd Lt. Fernando Defillo at 452-2054.

## Homeschoolers meeting

The Eifel Home Schoolers hosts the 2006-2007 School Year Organizational Meeting Aug. 30 from 6-7 p.m. at the Chapel Annex. For more information, call Kimberly Carpenter at 06565-942675.

## Library hours

The Spangdahlem AB Library will close today for the Children's Summer Reading program finale. Regular hours of operation are Mondays through Thursdays from 10 a.m. to 8 p.m., Fridays from 10 a.m. to 6 p.m. and Saturdays and Sundays from 11 a.m. to 4 p.m. The Bitburg Annex Library is temporarily closed due to manpower issues.

## Middle school open house

The Spangdahlem AB Middle School hosts an open house Aug. 28 from 8-11 a.m. and a chance to talk with the principal and members of the staff in the media center at 1:30 p.m.

## New student orientation

New Bitburg High School students in ninth through 12th-grade and their parents are invited to a new student orientation Aug. 22 from 9 a.m. to noon to learn about the upcoming school year, school programs and activities, class and extracurricular activities.

## Playgroups

The Spangdahlem AB Playgroup meets Tuesdays from 10 a.m. to noon on the first floor, building 409, stairwell A. The Bitburg Annex Playgroup meets Thursdays from 10 a.m. to noon in building 2012 in the Community Center Playhouse and Family Room. Both playgroups are open to all parents and their infants and pre-schoolers. For more information, call Cecilia Diaz at 452-8279.

## Poetry night

Poets are encouraged to celebrate Women's Equality Month with a special reading of poems written by women during poetry night Aug. 31 from 6-8 p.m. at the Brick House.

## SAC nominations

The Bitburg High School Advisory Committee is taking nominations for parent and teacher representatives through Aug. 25. Parents of BHS students with a June 2008 date eligible for return overseas or later are invited to submit their names and contact information to [BitburgHighSAC@hotmail.com](mailto:BitburgHighSAC@hotmail.com). An election to fill three parent and teacher positions takes place during the BHS Open House Sept. 6. For more information, e-mail [BitburgHighSAC@hotmail.com](mailto:BitburgHighSAC@hotmail.com).

## SOCSC meet, greet

The Spangdahlem Officers and Civilian Spouses Club hosts a "Welcome/Welcome Back Coffee" for members and anyone interested in learning about the group. This meet and greet takes place Tuesday from 10-11:30 a.m. in the Club Eifel Fireside Dining Room. A light brunch will be served, and on-site childcare is available on a first-come, first-served basis. For more information, call Marlie Sherer at 06569-962-379 or Becky Moore at 06565-955-853.

## SSEMC meeting

The Spouses and Enlisted Members Club meets Aug. 26 for a summer family barbecue at the base pavilion. For more information, e-mail [catering@ssemc.org](mailto:catering@ssemc.org).

## Start Safe, Stay Safe

This Family Advocacy workshop provides parents with strategies they can use to increase their awareness of child abuse while teaching prevention strategies to keep children safe. It takes place Aug. 25 from 11:30 a.m. to 2:30 p.m. For more information or to sign up, call 452-8279.

## Teen Rule

Listen to the latest music and hang out at the Bitburg Annex Teen Center tonight from 8 p.m. to midnight for youth ages 13-18. Admission is \$5 for members and \$7 for non-members.

## Thrift Shop

The Spangdahlem AB Thrift Shop is open Tuesdays through Thursdays from 11 a.m. to 5 p.m. for sales. Donations are always welcome, and consignments are taken until 4 p.m. For more information, visit the Thrift Shop in Spangdahlem AB housing, building 410, basement A, or call 452-2243.

## University of Phoenix

The University of Phoenix is beginning master's degree classes on base Aug. 29. For more information or to register for classes, call Mischelle Trigo at 452-7556.

# Chapel Services

## Spangdahlem AB

### Catholic Mass

- ♦ Saturday, 5 p.m.
- ♦ Sunday, 8:30 a.m.
- ♦ Sunday, religious education, 9:45 a.m. (building 139)
- ♦ Monday - Thursday, 11:45 a.m.

### Protestant

- ♦ Sunday, traditional service at 10:30 a.m., Korean service at 1 p.m. and Sunday Night Live service at 5 p.m.

## Bitburg Annex

### Catholic Mass

- ♦ Sunday, 11:30 a.m.
- ♦ Monday, 8:30 a.m.

### Protestant

- ♦ Sunday, Liturgical service at 8:15 a.m., Contemporary service at 9:30 a.m. and Gospel service at 1 p.m.

## Happenings

- ♦ This year's Gospel Extravaganza workshop runs Tuesday through Aug. 25 at the Bitburg Annex Chapel.
    - ♦ A free concert featuring Demetrius McClendon takes place Aug. 26 at 3 p.m. in the Bitburg Annex Chapel.
  - ♦ The Catholic Women of the Chapel hosts a flea market Saturday from 9 a.m. to 2 p.m. at the Bitburg Chapel parking lot.
- For more information about Jewish, Islamic, Rite of Christian Initiation for Adults or other faith needs, call the chapel at 452-6711/6281.





## Movies

The following movie listings are for today through Aug. 24. Times and movies are subject to change. For more information, call 06565-61-9441 or 452-9441. For movie synopses, visit [www.aafes.com/ems/default.asp](http://www.aafes.com/ems/default.asp).

### Spangdahlem Skyline

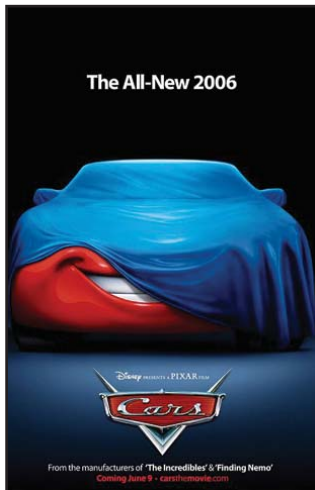
#### Today

◆ *The Fast and the Furious: Tokyo Drift* (PG-13, 7 p.m.)

Sean Boswell is an outsider who attempts to define himself as a hot-headed, under-dog street racer.

◆ *Pirates of the Caribbean: Dead Man's Chest* (PG-13, 9:30 p.m.)

Captain Barbossa, Will Turner and Elizabeth Swann must sail off the edge of the map, navigate treachery and betrayal, and make their final alliances for one last decisive battle.



#### Saturday

◆ *Cars* (G, 7 p.m.)

A hotshot rookie race car discovers that life is about the journey, not the finish line, when he finds himself detoured in the sleepy Route 66 town of Radiator Springs. He realizes there are more important things than trophies, fame and sponsorship.

◆ *Pirates of the Caribbean: Dead Man's Chest* (PG-13, 9:30 p.m.)

#### Sunday

◆ *Cars* (4 p.m.)

◆ *The Fast and the Furious: Tokyo Drift* (7 p.m.)

#### Monday

◆ *Pirates of the Caribbean: Dead Man's Chest* (7 p.m.)

#### Tuesday

◆ *Cars* (7 p.m.)

Wednesday and Thursday closed

### Bitburg Castle

#### Today

◆ *The Break Up* (PG-13, 7 p.m.)

Brooke calls it quits with her boyfriend, Gary, after being pushed to the breakingpoint during their latest argument. When neither is willing to move out, the only solution is to continue living as hostile roommates until somebody caves.

◆ *Superman Returns* (PG-13, 9:30 p.m.)

Following a mysterious absence of several years, the Man of Steel, Superman, comes back to Earth -- but things have changed.



#### Saturday

◆ *Superman Returns* (7 p.m.)

◆ *The Omen* (R, 9:30 p.m.)

A re-make of the 1976 horror classic, "The Omen," an American official realizes that his young son may literally be the devil incarnate.

#### Sunday

◆ *The Break Up* (7 p.m.)

◆ *The Omen* (9:30 p.m.)

Monday and Tuesday closed

#### Wednesday

◆ *Superman Returns* (7 p.m.)

#### Thursday

◆ *The Break Up* (7 p.m.)

Go hog wild ...

## Wittlich legend attracts visitors from near, far

By Iris Reiff

52nd Fighter Wing Public Affairs Office

According to legend, Wittlich was once a walled fortress constantly under attack by invaders.

One evening, a guard in charge of locking the gate to the besieged town could not find the peg to secure the fortified door. All he could find was a large carrot to wedge in the door. Later, a pig ate the carrot, the gate opened and the enemy came in.

After the enemy ransacked the town, the angry townspeople herded every pig into the town's market square and roasted them.

Since then, the town of Wittlich has been known as the town of the pig burners.

Once a year, the community of Wittlich holds an annual festival that attracts thousands of visitors.

Activities will take place today through Tuesday, featuring a variety of entertainment and events such as a handicraft market, many amusement rides, musical performances, a wine street and plenty of roasted pork.

This festival, which is one of a kind in the local area, will start off with a craftsmen's market on the city's Lieserplatz.

The market stays open from 10 a.m. to 10 p.m. daily.

A concert by the Wittlich brass band takes place Saturday from 9 p.m. to midnight in the city's main market square.

Local residents will perform a special play today at 9:15 p.m. in the city park. They will also have a torch light procession through the streets of Wittlich, recreating the circumstances of the legend. To see the entire event, start at the Tuermchen tower, located in the center of town.

Wittlich's annual pig festival officially opens Saturday at 3 p.m. immediately after the first pigs arrive in the market place via a horse-drawn wagon.

Wine stands open up and musical entertainment by various local brass bands will take place in the afternoon.

Then the first pigs will be roasted on the spits and the Schweinebraten, or barbecued pork, is ready to be enjoyed, starting at Saturday at 3:30 p.m.

As is the case with many European festivals, visitors first buy tickets which are in turn exchanged for the delicious pork. These tickets may be purchased at the tourist information office's window in the market square.

Throughout the event, there will be two stages set up in the market square and on Pariser Platz, both located in the center of town.

Music will be performed all day on either stage by both local music associations and bands, but also by popular groups who are known throughout Germany.

Activities continue Tuesday with concerts by local bands,



Photo by Iris Reiff

The pig fest is an annual bash, attracting people from far and near. The event offers a huge amusement park and music around the clock. Legend has it that a pig ate the carrot that locked the entrance to the gate of the walled city, and the enemy marched through the gate and ransacked the town. Since then, Wittlich has been known as the town of pig burners.

starting at 10:30 a.m. Schweinebraten will be available at noon. Children's entertainment will take place from 2-4:30 p.m. in the market square, with more music to follow.

Celebrations will end with musical entertainment by the California band on Pariser Platz, and Kenneth King and the band Party Plus. A huge amusement park offers more than 60 rides and game stands throughout the festival.

Although the pig festival officially comes to an end late Monday night, the amusement park and food stands remain open Wednesday from 1-7 p.m. when Wittlich has its family day, offering reduced prices for everyone.

Visitors to the pig festival can also take in an art exhibition at the Rathaus, or city hall.

The Wittlich Pig Burners festival is one of the key events in this area, and festival organizers expect thousands of visitors. The center of town will be blocked off from traffic because all celebrations occur either in the market square or close to the center of town.

For people who plan to take children, be aware that the city gets very crowded and that alcohol is consumed at this festival. It is not recommended to bring small children in strollers.

People driving to the festival should remember not to drink and drive. Taxis will be available, and increased police patrols will be enforcing the laws throughout the pig festival.

## Out and About

(Editor's note: Times and dates are subject to change)

◆ The nearby Himmerod Abbey will sponsor a Cistercian Night **Saturday**, 9 p.m. with an organ concert, followed by a classical church choir performance where 80 members from the city of Aachen will be present. The event will last until about 11 p.m. A special market, where more than 30 vendors from the local area will present local products, to include handicrafts, will take place from 10 a.m. to 5 p.m.

◆ Visit a flea market **Sunday** in front of the Irrel Edeka Aktiv market; along the Liser Mosel shore; in front of the Trier hela market; at the Uerzig festival grounds and as part of the Wittlich pigburner's festival.

◆ The town of Roth an der Our, located adjacent to the Luxembourg town of Vianden will host its annual WWII Bunker volksmarch, a military exhibition and provide entertainment **Saturday and Sunday**. People can walk or ride in original WWII military vehicles while learning about history and enjoying the beautiful Roth an der



Courtesy photo

### Looking for a ride

The annual WWII Bunker volksmarch takes place Saturday and Sunday in the town of Roth an der Our, located at the Luxembourg border.

Our scenery. Food and beverages will be available. Volks-marches start off **Sunday** at 10 a.m. and end about 3 p.m. Start-off point is the town's famous bunker where the exhibition can be found starting Saturday, at 2 p.m.

◆ Plan to stop by the Mander-scheid historical Burgenfest or cas-

tle festival **Aug. 26-27**, a highlight event of the area. On schedule are jousting tournaments, some lighted by torches, a brilliant fireworks display, a nice market, performances by tumblers and historical musicians and much more. For more information, call 06572-932665 or visit [www.manderscheid.de](http://www.manderscheid.de).



## Sports Briefs

### Bowling Center

- ♦ A No-Tap Tournament offers a twist on normal bowling -- ladies knock down eight pins to get a strike, and men knock down nine. Competitors must be 18 or older. Sign up begins at 5 p.m., and the tournament starts today at 6 p.m. A Crazy Eights competition kicks off while the results of the No-Tap Tournament are tabulated. Cost is \$15 per game.
- ♦ Let creativity run wild and turn a bowling pin into a car for the Pin-Wood Derby contest. Pins must have at least three wheels and be able to roll. The event will be a show and shine; contestants will not be racing their pins. Pins must be turned in by Aug. 25.
- ♦ 50/50 Bowling offers parents a break. Children can bowl for 50 cents per game and rent shoes for another 50 cents Mondays and Fridays from 10:30 a.m. to 4 p.m.

### Eifel Mountain Golf Course

- ♦ The Third Annual Eifel Mountain Kids Classic, a three hole tournament, takes place today at 10 a.m. Volunteers are needed for supervision and safety. Ice cream and cake will be provided. For more information, call Dale Davis at 452-6821.

### Eifel Sharks Swim Team

The Eifel Sharks Swim Team is looking for swimmers, coaches and volunteers for the 2006-2007 swim seasons. An informational and registration meeting takes place at the Spangdahlem AB American Youth Association Aug. 30 at 7 p.m. For more information, call Master Sgt. Glenn Turnbull at 452-6105 or e-mail [eifel\\_sharks@yahoo.com](mailto:eifel_sharks@yahoo.com).

### Fitness assessments

People interested in having a free fitness assessment performed should call the fitness center to schedule an appointment. Assessments are broken down into six phases: blood pressure, body composition, muscular strength, muscular endurance, flexibility and cardiovascular fitness check. The results of the test determine a person's strengths and weaknesses. For more information, call Juergen Stockemer at 452-6496.

### Guts and Glory 5K

The 52nd Services Squadron offers a 5K Guts and Glory Fun Run in honor of Women's Equality Day Thursday at 6 a.m., noon and 4 p.m. The run starts at the Spangdahlem AB fitness center. Participants are welcome to bring their spouses, children and dogs.

### Half Marathon, 5K and 10K run

A series of running events for the whole family happens Sept. 9 at the Spangdahlem Air Base fitness center.

- ♦ A fourth of a mile bambini run for children under 5 at 9:20 a.m.
- ♦ A one-mile children's run for those under 12 at 9:30 a.m.
- ♦ A 13-mile half marathon at 10 a.m.
- ♦ A 5K run at 10:05 a.m.

### High School sports

Bitburg High School offers cheerleading, volleyball, tennis and football during the fall sports season. Students wishing to participate in sporting activities must have a current sports physical on record with the school nurse. The 52nd Medical Group conducts these physicals.

### Kickball tournament, potluck

The Eifel Cub Scouts hosts a kickball tournament Saturday at the Zentrum Old School in Lambersburg from noon to 4 p.m. Children can enjoy horse and buggy rides and a 25-foot banana split. For more information, call Mary Marchand at 452-9442 or 06562-974257.

### LEARN class

Sign up for the Lifestyle, Exercise, Attitudes, Relationships and Nutrition program, sponsored by the Health and Wellness Center. This 13-session lifestyle change program covers the nutritional, exercise and behavioral health aspects of weight management. Class starts Thursday. For more information or to sign up, call 452-7385.

### Wall climbing available

The rock climbing room is open for certified climbers. To learn wall climbing techniques and to gain certification, call the Spangdahlem AB fitness center at 452-6634.



Photos by Capt. Diane Weed

William Watson and Aaron Vanvynckt perform the flat bench press, one of the most effective exercises for upper body development. To perform this exercise, lay flat on the bench with both feet flat on the ground. The movement should form an arc while lowering the bar from over the head to the bottom of the pectorals. Then press the weight back over the head, returning the bar along the same arc as the downward movement. Always use a spotter to perform this exercise as any uncontrolled downward movement could lead to severe injury. Do three sets of eight to 12 repetitions each.

## Warm-ups key to life-long fitness

By Master Sgt. Troy Saunders  
52nd Logistics Readiness Squadron

In my nearly 20 years in the Air Force, I have seen several sports-related injuries that have resulted from poor or non-existent warm-ups. Some were severe enough to lead to permanent damage.

Taking the time to warm-up before going for a run, playing the courts or the field or hitting the weights prevents injury and boosts performance.

Warm-ups are simply performing an activity at a low level of intensity. This could consist of a fast walk before a run, a few light reps before working out or the use of a cardio machine at a low setting. Whatever warm-up activity people choose, it should at least mimic the activity they are going to perform to gain the greatest benefit.

The primary advantage to warming up is the increased blood flow to the major muscle groups, which in turn helps the muscles to become more elastic. In other words, muscles are more pliable, which greatly reduces the chance of a pulled or strained muscle. This is the very reason why people shouldn't stretch prior to an activity as their muscles are not pliable enough and won't respond properly. Conversely, after an activity is when muscles need stretching the most, and they will certainly be warmed-up enough to be stretched safely.

From warming-up I can personally attest to a 10-20 percent increase in my one time lifts, depending on the size and amount of muscles groups involved. This also directly correlates to the number of sit-ups and push-ups I can do as well as improved run times. Despite this immediate performance advantage, on a daily basis, I see people skipping their warm-ups and jumping right into a strenuous activity.

The next time you workout, take the time to warm-up and see for yourself the difference it can make. Besides, you are also ensuring you can continue a lifetime of fitness.



Brandon McKinney performs a seated overhead triceps press. To perform this exercise safely, sit in an upright position, arms raised overhead, and keep both feet flat on the ground. Start with both arms extended over the head. Bending only at the elbow, lower the weight behind the head until the forearms are parallel to the floor then return the weight back to the starting position and repeat.

## Intramural Flag Football Scoreboard

The following is a list of the latest Spangdahlem Air Base Intramural Flag Football standings as of Aug. 11.

### West

Team	W	L
606	2	0
LRS	2	0
702-SVS	1	0
EMS	1	1
MDG	0	0
726	0	2

### East

Team	W	L
COMM	1	0
SFS	1	1
AMXS	0	0

OSS	0	1
MOS	0	2
CES	0	1

Check out some of the upcoming action:

- ♦ OSS versus COMM Monday at 6 p.m.
- ♦ CES versus EMS Monday at 7 p.m.
- ♦ 606 versus COMM Tuesday at 6 p.m.
- ♦ SFS versus LRS Tuesday at 7 p.m.
- ♦ AMXS versus CES Wednesday at 6 p.m.
- ♦ 702 versus 606 Wednesday at 7 p.m.
- ♦ AMXS versus MDG Thursday at 6 p.m.
- ♦ OSS versus SFS Thursday at 7 p.m.

To see highlights of Spangdahlem AB sports, visit [www.edmarshall25.com](http://www.edmarshall25.com).